

New program

CIGNA Well Aware for Better HealthSM disease management programs focus on improving health and reducing costs associated with a number of the nation's most common chronic health conditions. The programs encourage members to take a more active role in their health care, and provide members with support from health care coaches to help them better manage their condition.

Well Aware is now expanding its disease management focus to reach more individuals and address conditions of growing concern to both employers and employees.



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targeted conditions

Target your condition, improve your health.

FACT: Beyond the more common chronic conditions like diabetes and heart disease, is another level of prevalent medical conditions that affects between 2.5% and 4% of the U.S. adult population. Those affected have more than twice the average annual medical costs.¹

CIGNA Well Aware for Better HealthSM has identified this “next level” of medical conditions – Targeted Conditions – and has developed a new program to address the significant cost and health issues that result from these conditions.

While the characteristics of individuals with these Targeted Conditions vary, they do have one or two things in common. They can't leave their conditions at home when they go to work. However, when these conditions are properly managed, there is a significant and sustainable opportunity to improve a population's overall health status and reduce medical, disability and lost productivity costs.

The 10 Targeted Conditions are:

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| ■ Acid Related Disorders | ■ Inflammatory Bowel Disease |
| ■ Atrial Fibrillation | ■ Irritable Bowel Syndrome |
| ■ Decubitus Ulcer | ■ Osteoarthritis |
| ■ Fibromyalgia | ■ Osteoporosis |
| ■ Hepatitis C | ■ Urinary Incontinence |

¹ CIGNA estimates.

The Well Aware program will focus on providing education and action plans to help members with one or more of these conditions to achieve functional improvement and improved health status. Program participants will receive assistance from disease management nurses to help ensure they are using appropriate medications, getting necessary medical treatment to avoid complications and making lifestyle changes that can prevent recurrence or lessen the severity of symptoms. Nurses also will work closely with participants to help them successfully manage their condition along with any other health conditions or complications related to these conditions.

By packaging Targeted Conditions in one Well Aware program, CIGNA is able to offer more cost-effective solutions to employers, while continuing to help improve the health and quality of life of our members.

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